

THE CLINICAL PSYCHOLOGY INTERNSHIP TRAINING PROGRAM OF GREYSTONE PARK PSYCHIATRIC HOSPITAL

INTRODUCTION

The Psychology Department of Greystone Park Psychiatric Hospital (hereafter referred to as GPPH) offers a one-year, APA-accredited, full-time internship in Clinical Psychology.

GPPH is an independent internship site under the umbrella of the New Jersey Department of Human Services in cooperation with the Education and Training Center (hereafter referred to as Central Office).

Greystone Park Psychiatric Hospital is an inpatient facility accredited by the Joint Commission on the Accreditation of Hospitals. It is located in Greystone Park, New Jersey approximately 30 miles west of New York City. It can be easily reached from route 80 or route 287. GPPH provides inpatient psychiatric services to residents of Bergen, Essex, Hudson, Morris, Passaic, and Sussex counties. Patients 18 years of age and older, from diverse cultural and socioeconomic backgrounds are provided mental health services designed to mitigate debilitating symptomatology, enhance level of adaptive functioning and facilitate successful reintegration into the community

The hospital's psychology department is comprised of 16 psychologists, 11 of whom are at the doctorate level with seven of those having licenses. They represent varying theoretical orientations and provide a diversity in supervisory styles and professional role models

PHILOSOPHY AND GOALS

The philosophy of our internship program is that learning takes place best in an environment that provides support and encouragement, a challenging and educative experience with a program tailored to the strengths, interests and needs of each intern. While the internship has a basic generic design, attempts are made to tailor the training and experience each intern will have to their unique backgrounds and skills.

A second guiding principle in our philosophy is interns will learn best with a balanced assignment of clinical experience and formal academic instruction. The program makes every attempt to ensure that interns are perceived as trainees and not auxiliary help for the department or hospital. The purpose and primary goal of the internship is to produce a skilled and competent psychodiagnostician and psychotherapist capable of working with patients suffering from mild to severe psychopathology.

The program is designed to provide a broad-based exposure to as many different types of psychopathological problems and related treatment modalities as possible. Interns are expected to work with patients of all levels of functioning from diverse socioeconomic and educational backgrounds.

Finally, it is the aim of the training staff to integrate the applied clinical experience with a sound base of theoretical knowledge. To accomplish this, interns participate in two tracks of ongoing seminars: an in-house series of topics presented by the psychology staff and a seminar series offered by the Chief of Psychological Services out of Central Office.

The Training Program has six components: psychological assessment, psychotherapy, supervision, professional role development, and educational experiences.

COMPONENTS OF THE TRAINING PROGRAM

Assessment

During the year, interns gain or enhance competence in the administration, scoring and interpretation of traditional-projective and objective assessment instruments such as the: Rorschach, TAT, MMPI-2, House-Tree-Person Test, Bender-Gestalt Test, Sentence Completion Test, WAIS-R, WAIS-3, Beck Depression Scale, Beck Hopelessness Scale, Weschler Memory Scale, Quick Test for I Q., and the Quick Test for Screening Neuropsychological deficits.

Most assessments are for the purpose of producing a full diagnostic work-up, though some may be geared at answering narrowly defined referral questions (i.e., neuropsychological deficits, dangerousness to self or others, etc.)

Interns meet with their diagnostic supervisor a minimum of one and a half hours per week and are expected to complete a minimum of one psychological test report every other month (6-8 per year) with a focus on brief instrument and one page reports in the intervening months. At the beginning of each six-month rotation, the diagnostic supervisor observes the intern administer a full battery and develops a comprehensive training plan designed to enhance their strengths and mitigate their weaknesses. Every effort is made to provide a wide range of patients with varying diagnoses and treatment issues. In, addition to being taught how to select tests to answer referral questions, interns learn to use the diagnostic categories of the DSM-IV, develop clinical interviewing skills and make specific, viable treatment recommendations.

Interns gain exposure to other assessment tools, such as Neuropsychological Test Batteries, via colloquia held in Central Office.

Psychotherapy

The psychotherapy experience focuses on two major forms of treatment: individual psychotherapy and group therapy. Each intern is expected to carry a caseload of approximately 3-5 individual cases. The size of the caseload may vary depending upon the strengths of the intern, the demand of each case and the time constraints based on the remainder of the training plan. Cases are assigned by the psychologist on the ward to which the intern is assigned or by the psychotherapy supervisor or (combination of the two). The range of pathology that interns are exposed to is broad offering them a unique diversity difficult to match in other settings. Cases chosen can range from acute and chronic schizophrenics and affective disorders to severe personality disorders and substance abuse problems.

Individual therapy supervision is provided for a minimum of one hour each week. The supervisors at Greystone Park Psychiatric Hospital have theoretical orientations that vary from Psychoanalytical and Psychodynamic to Cognitive/behavioral.

Interns are also assigned to co-lead group therapy 2-3 times a week with their ward psychologist. These groups may be highly focused such as self-control groups, and MICA groups or more process oriented and interpersonal in their emphasis. During the second rotation, interns are encouraged to develop and conduct their own small group. Supervision for group therapy is provided weekly for 1.5 hours by one of the internship training staff.

Greystone Park Psychiatric Hospital also conducts a weekly multifamily support group co-led by a multi-disciplinary set of clinicians. Interns are welcome to join this evening program to learn how this approach is utilized for the benefit of our patients and their families.

Multidisciplinary Team Consultation

The philosophy at Greystone Park Psychiatric Hospital for providing therapeutic services is that the most effective and efficient treatment can be delivered through a multi disciplinary team approach. The internship includes, as part of its experiential base, an exposure to this approach by assigning each intern to a specific ward wherein they become members of a particular treatment team. Their role is to function as a participant-observer, offering observations, clinical ideas and possible treatment strategies to team members, while observing how each discipline, especially psychology, operates to coordinate and develop a comprehensive treatment plan.

Traditionally, the interns have been assigned to a six-month rotation in either our acute, (i.e., Admissions), transitional (Cottages) or forensic unit.

As a member of the team, the intern may assist in designing and recording individual treatment plans, select patients for individual therapy, co-lead Life Management meetings or small group therapy, consult during crises and work with the families of patients in their assigned areas.

The treatment unit descriptions are as follows:

The hospital is divided into four primary sections: The Admissions unit, Abell Unit, Central Avenue Complex, and Mountain Meadow Complex.

The Admissions unit serves those patients who were recently admitted and who continue to require the close supervision of a locked area.

Abell Unit, our extended care area, serves patients who are no longer in an acute state in terms of dangerousness, but who have shown minimal response to treatment and require long-term care with significant dependence upon staff for managing their daily routine.

The Ellis Complex is a transitional area where patients have shown significant gains in remission of psychiatric symptomatology but continue to need substantial treatment for self-control issues, conflicts in relationships and modification of maladaptive defenses. They attend off ward programs and have the opportunity to earn privileges to leave the ward by themselves. The Ellis Complex includes our forensic unit which houses those patients who have legal classifications such as Not Guilty by Reason of Insanity.

Central Avenue Complex, like the Abell Unit provides additional extended care for chronic patients and also serves those patients who develop serious medical problems that cannot be treated sufficiently elsewhere in the hospital but do not require transfer to a general hospital in the community.

Mountain Meadow Complex is that area of the hospital that most closely resembles semi-independent living. Patients live in self-contained units of eight wherein they learn the basic skills necessary for living semi-independently or independently in the community. They have full ground privileges, attend programs on, off grounds, do their own cooking and cleaning, and focus particularly on work skills. The Mountain Meadow Complex houses a specialized program for substance abusers diagnosed as being MICA (mentally impaired chemical abuser) clients. It is a 28-day program with intensive treatment similar to drug rehabilitation programs in the community. Another specialty cottage is Cottage 1. This cottage is equipped and staffed to treat

psychiatric patients who are hearing impaired. A psychologist with expertise in treating this population is assigned to this cottage.

Supervision

Each intern is assigned a minimum of two primary supervisors one for psychodiagnostics and another for psychotherapy. The primary supervisors are required to be licensed Clinical Psychologists.

The primary supervisors at GPPH vary in their theoretical orientations and areas of interest. The department has staff with post-doctoral training in psychoanalytically oriented psychotherapy, certification in substance abuse, experience in developing token economy programs, multi-family support groups, and program development for the hearing impaired. The supervisory staff have published a variety of articles over the years and have presented at major conferences in and out of the state.

Non-licensed staff may provide additional supervision if they have substantiated expertise in a particular area. All supervisors, regardless of licensing, must complete the year long Supervisory Seminar Series provided by Central Office.

Seminar Series and Educational Programs

The Psychology Internship Program offers a seminar series presented by the supervisory psychology staff and outside consultants. Intern attendance is mandatory while participation by other GPPH psychology staff is optional. The content of the seminars emphasizes clinical matters pertinent to the diagnosis, dynamics, and treatment of acute/chronic inpatient populations. The specific topics selected are decided upon through expressed interest and supervisory expertise. It is the intent of this seminar series to present topics as comprehensively as possible. To accomplish this, several of the programs are presented over a 3-5 session period.

The Central Office component of the program provides a minimum of bimonthly seminars with well-known clinicians presenting on a variety of topics. For half-day presentations, the interns use the remaining time to present diagnostic and therapy cases to each other with Dr. Patterson supervising and reviewing their work.

Central Office also hosts a Basic Rorschach Seminar led by Gene Nebel, Ph.D., a psychologist from Greystone Park Psychiatric Hospital, who teaches the Exner Scoring System. Following this morning seminar on the Rorschach, an afternoon series is held on cultural difference and its impact on therapy.

Outpatient Clinical Experience

Each intern spends one day per week at an outpatient facility. At present, our interns have access to the Drew University Counseling Center, the Richard Hall Community Mental Health Center, the Seton Hall University Counseling Center and Princeton House in Princeton New Jersey.

The outpatient experience emphasizes psychotherapy with individuals of all ages, group therapy, and family therapy. The expectation is that the types of patient served will usually be functioning at a higher level and be more integrated than the inpatient population they work with the rest of the week.

Interns depending upon their needs and previous exposure may also perform Psychodiagnostic testing, but it is not emphasized to the extent that therapy is.

Intake evaluation, crisis intervention, and case conferencing are other experiences typically available to the intern.

Supervision at these sites is provided by a Licensed Psychologist and often includes 'a group format in addition to the required individual supervisory session.

REQUIREMENTS FOR THE SUCCESSFUL COMPLETION OF THE INTERNSHIP IN CLINICAL PSYCHOLOGY

An intern will receive a certificate at the termination of the internship program upon satisfactory completion of the following requirements.

1. Completion of 1750 hours (full time for 12 months) during the training year.
2. Successful performance clinically in therapeutic and diagnostic work as measured by the mid-year and end of year formal evaluations.
3. Interns must have satisfactorily completed all written requirements, seminar presentations, monthly experience reports, placement evaluations, written project or case study, etc.
4. Successful completion of eight to 10 psychodiagnostic batteries, seen at least four (4) individual patients for ongoing individual psychotherapy and co-led at least two psychotherapy groups.
5. Attendance at bimonthly didactic programs at GPPH unless ill or excused by the Director of Internship Training.
6. Attendance at bimonthly colloquium and diagnostic/psychotherapy seminars held at the Education and Training Office, Department of Human Services, unless ill or excused by the Director of Internship Training.
7. The Training Committee has the final approval in the granting of certificates, and may recommend an extension of the internship when it seems warranted. Their decision is based upon periodic evaluations from supervisors and the recommendation of the placement's Director of Training.

COMPENSATIONS

The business office at GPPH has agreed to set aside, on annual basis, \$76,000.00 per year to provide each of four 4 interns with a stipend of \$20,000. In addition to these stipends each intern is granted paid vacation days, sick days, personal leave days and holidays. There are no medical benefits provided.

ADMISSIONS REQUIREMENTS

Pre- Doctoral Candidates

Graduation from an accredited college or university with a Bachelor's Degree, supplemented by a Master's Degree in psychology (or certified equivalent) from an accredited college or university. Candidates must be enrolled in a doctoral program in applied psychology (clinical, counseling, or school) at an accredited university or professional school, or approved by their chairman for the internship, and have completed graduate course training that shall have included a minimum of six semester hours of credit in each of the following areas:

1. Objective and projective testing with practicum experience.
2. Psychotherapeutic techniques and counseling with practicum experience. .
3. Personality development and learning theory.
4. Motivation and psychopathology.
5. Research design and statistical analysis.

(Approximately 500 hours of practicum experience shall have been completed).

Post-Doctoral Candidates Changing Specialties

Doctoral psychologists who are attempting to change their specialty to qualify in an applied area of psychology must be certified by a director of graduate professional training having participated in an organized program in which the equivalent of pre-internship preparation (didactic and field experience) has been acquired. (See pre-doctoral requirements for specific work and practicum experience).

For Application and Information write to:

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